

## YENGIL ATLETIKANING O'ZIGA XOS XUSUSIYATLARI

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### ANNOTATSIYA

Yengil atletikada yurish, yugurish, sakrash, uloqtirish kabi mashqlar aloxida ahamiyatga ega. Ushbu maqolada yengil atletikaning o'ziga xosligi haqida so'z yuritilgan.

**Kalit so'zlar:** atlet, yengil atletika, yugurish, yurish mashqlari, uloqtirish, ko'pkurash, sog'lom turmush tarzi, barkamol shaxs, sport musobaqalari.

### ABSTRACT

In athletics, exercises such as walking, running, jumping, and throwing are of particular importance. This article discusses the specifics of athletics.

**Keywords:** athletics, athletics, running, walking exercises, throwing, all-around, healthy lifestyle, well-rounded personality, sports competitions.